



PSYC 124 - Psychology of Adjustment Course Outline

Approval Date: 03/11/2021

Effective Date: 08/13/2021

SECTION A

Unique ID Number CCC000338352

Discipline(s) Psychology

Division Social Sciences

Subject Area Psychology

Subject Code PSYC

Course Number 124

Course Title Psychology of Adjustment

TOP Code/SAM Code 2001.00 - Psychology, General / E - Non-Occupational

Rationale for adding this course to the curriculum Updating textbooks and revising examples in the "methods of evaluation" and "assignments" sections only

Units 3

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 54.00

Lab 0.00

Activity 0.00

Work Experience 0.00

Outside of Class Hours 108.00

Total Contact Hours 54

Total Student Hours 162

Open Entry/Open Exit No

Maximum Enrollment

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description This course addresses several major topics in the field of psychology with an emphasis on personal application. Topics covered include personality theory, stress and coping, the self, social cognition and influence, communication, attraction, gender and sexuality, human development, psychological disorders, and psychotherapy.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

